200+ Symptoms of Fibromyalgia

1. Activity level decreased to less than 50% of pre-illness activity level

2. Cold hands and feet (extremities)

3. Cough

4. Craving carbohydrates

5. Delayed reaction to physical activity or stressful events

6. Dryness of eyes and/or mouth

7. Family member(s) with Fibromyalgia

8. Fatigue, made worse by physical exertion or stress

9. Feeling cold often

10. Feeling hot often

11. Frequent sighing

12. Heart palpitations

13. Hoarseness

14. Increased thirst

15. Low blood pressure (below 110/70)

16. Low body temperature (below 97.6)

17. Low-grade fevers

18. Night sweats

19. Poor circulation in hands/feet

20. Recurrent flu-like illness

21. Shortness of breath with little or no exertion

22. Severe nasal allergies (new or worsening allergies)

23. Sore throat

24. Sweats

25. Symptoms worsened by air travel

26. Symptoms worsened by stress

27. Symptoms worsened by temperature changes

28. Tender or swollen lymph nodes, especially in neck and underarms

29. Tremor or trembling

30. Unexplained weight gain or loss

PAIN

31. Chest pain

32. Diffuse swelling

33. “Growing” pains that don’t go away once you are done growing

34. Headache

35. Inflamed Rib Cartilage

36. Joint pain

37. Lumpy, tender breasts

38. Morning stiffness

39. Muscle pain

40. Muscle spasms

41. Muscle twitching

42. Muscle weakness

43. Pain that ranges from moderate to severe

44. Pain that moves around the body

45. Paralysis or severe weakness of an arm or leg

46. Restless Leg Syndrome

47. Rib Pain

48. Scalp Pain (like hair being pulled out)

49. Tender points or trigger points

50. TMJ syndrome

51. “Voodoo Doll” Poking Sensation in random places

NEUROLOGICAL

52. Blackouts

53. Brain fog

54. Feeling spaced out

55. Inability to think clearly

56. Lightheadedness;

57. Noise intolerance

58. Numbness or tingling sensations

59. Photophobia (sensitivity to light)

60. Seizures

61. Seizure-like episodes

62. Sensation that you might faint

63. Syncope (fainting)

64. Tinnitus (ringing in one or both ears)

65. Vertigo or dizziness

EQUILIBRIUM/PERCEPTION

66. Bumping into things

67. Clumsy Walking

68. Difficulty balancing

69. Difficulty judging distances (when driving, etc.)

70. Directional disorientation

71. Dropping things frequently

72. Feeling spatially disoriented

73. Frequent tripping or stumbling

74. Not seeing what you’re looking at

75. Poor balance and coordination

76. Staggering gait

SLEEP

77. Alertness/energy best late at night

78. Altered sleep/wake schedule

79. Awakening frequently

80. Difficulty falling asleep

81. Difficulty staying asleep

82. Excessive sleeping

83. Extreme alertness or energy levels late at night

84. Falling asleep at random and sometimes dangerous moments

85. Fatigue

86. Light or broken sleep pattern

87. Muscle spasms/twitches at night

88. Narcolepsy

89. Sleep disturbances

90. Sleep starts or falling sensations

91. Teeth grinding

92. Tossing and turning

93. Un-refreshing or non-restorative sleep

94. Vivid or disturbing dreams/nightmares

EYES/VISION

95. Blind spots in vision

96. Eye pain

97. Difficulty switching focus from one thing to another

98. Frequent changes in ability to see well

99. Night driving difficulty

100. Occasional Blurry vision

101. Poor night vision

102. Rapidly worsening vision

103. Vision changes

COGNITIVE

104. Becoming lost in familiar locations when driving

105. Confusion

106. Difficulty expressing ideas in words

107. Difficulty following conversation (especially if background noise present)

108. Difficulty following directions while driving

109. Difficulty following oral instructions

110. Difficulty following written instructions

111. Difficulty making decisions

112. Difficulty moving your mouth to speak

113. Difficulty paying attention

114. Difficulty putting ideas together to form a complete picture

115. Difficulty putting tasks or things in proper sequence

116. Difficulty recognizing faces

117. Difficulty speaking known words

118. Difficulty remembering names of objects

119. Difficulty remembering names of people

120. Difficulty understanding what you read

121. Difficulty with long-term memory

122. Difficulty with simple calculations

123. Difficulty with short-term memory

124. Easily distracted during a task

125. Feeling too disoriented to drive

126. Forgetting how to do routine things

127. Impaired ability to concentrate

128. Inability to recognize familiar surroundings

129. Losing track in the middle of a task (remembering what to do next)

130. Losing your train of thought in the middle of a sentence

131. Loss of ability to distinguish some colors

132. Poor judgment

133. Short term memory impairment

134. Slowed speech

135. Staring into space trying to think

136. Stuttering; stammering

137. Switching left and right

138. Transposition (reversal) of numbers, words and/or letters when you speak

139. Transposition (reversal) of numbers, words and/or letters when you write

140. Trouble concentrating

141. Using the wrong word

142. Word-finding difficulty

EMOTIONAL

143. Abrupt and/or unpredictable mood swings

144. Anger outbursts

145. Anxiety or fear when there is no obvious cause

146. Attacks of uncontrollable rage

147. Decreased appetite

148. Depressed mood

149. Feeling helpless and/or hopeless

150. Feeling worthless

151. Frequent crying

152. Inability to enjoy previously enjoyed activities

153. Irrational fears

154. Irritability

155. Overreaction

156. Panic attacks

157. Personality changes

158. Phobias

159. Suicide attempts

160. Suicidal thoughts

161. Tendency to cry easily

GASTROINTESTINAL

162. Abdominal cramps

163. Bloating

164. Decreased appetite

165. Food cravings

166. Frequent constipation

167. Frequent diarrhea

168. Heartburn

169. Increased appetite

170. Intestinal gas

171. Irritable bladder

172. Irritable bowel syndrome

173. Nausea

174. Stomach ache

175. Vomiting

176. Weight gain

177. Weight loss

UROGENITAL

178. Decreased libido (sex drive)

179. Endometriosis

180. Frequent urination

181. Impotence

182. Menstrual problems

183. Painful urination or bladder pain

184. Pelvic pain

185. Prostate pain

186. Urinary frequency

187. Worsening of premenstrual syndrome (PMS)

SENSITIVITIES

188. Alcohol intolerance

189. Allodynia (hypersensitive to touch)

190. Alteration of taste, smell, and/or hearing

191. Odour sensitivity

192. Sensitivity to chemicals in cleaning products, perfumes, etc.

193. Sensitivities to foods

194. Sensitivity to light

195. Sensitivity to mold

196. Sensitivity to noise

197. Sensitivity to odors

198. Sensitivity to yeast (getting yeast infections frequently on skin, etc.)

199. Sensory overload

200. Sensitivity to pressure changes, temperature & humidity

201. Vulvodynia

SKIN

202. Able to “write” on skin with finger

203. Bruising easily

204. Bumps and lumps

205. Eczema or psoriasis

206. Hot/dry skin

207. Ingrown hairs

208. Itchy/Irritable skin

209. Mottled skin

210. Rashes or sores

211. Scarring easily

212. Sensitivity to the sun

213. Skin suddenly turns bright red

CARDIOVASCULAR (Heart)

214. “Click-murmur” sounds through stethoscope

215. Fluttery heartbeat

216. Irregular heartbeat

217. Pain that mimics heart attack

218. Rapid heartbeat

HAIR/NAILS

219. Dull, listless hair

220. Heavy and splitting cuticles

221. Irritated nail beds

222. Nails that curve under

223. Pronounced nail ridges

224. Temporary hair loss

OTHER

225. Canker sores

226. Dental problems

227. Disk Degeneration

228. Hemorrhoids

229. Nose bleeds

230. Periodontal (gum) disease